

FEAR 101



Fear is simply because you are not living with life, you are living in your mind. Your fear is always about what's going to happen next. That means your fear is always about that which does not exist. If your fear is about the non-existent, your fear is hundred percent imaginary. If you are suffering the non-existential, we call that insanity. So, people may be in just socially accepted levels of insanity, but if you're afraid or if you're suffering anything which does not exist, it amounts to insanity, isn't it?

People are always suffering either what happened yesterday or what may happen tomorrow. So your suffering is always about that which does not exist, simply because you're not rooted in reality, you're always rooted in your mind. Mind is – one part of it is memory, another part of it is imagination. Both of them are in one way imagination, because both of them don't exist right now. You're lost in your imagination, that's the basis of your fear. If you were rooted in reality, there would be no fear.

You must decide whether you have come here to [experience life or to avoid life](#). If you have come to experience life, one thing that is needed is intensity. If you do not have [intensity](#) you will experience a meager life. The moment you use fear as a tool to protect yourself, your intensity will go down. Once it goes down, your ability to experience life is gone. You become a psychological case. What happens in your mind is all there will be. You will never experience anything fantastic and ecstatic because when you are fearful, you will not have a sense of abandon. You can't sing, you can't dance, you can't laugh, you can't cry, you can't do anything that is life. You can only sit here and grieve about life and all the risks of life.

1. **"You aren't afraid of what you think you're afraid of – you're afraid of what you think."**
2. **"No one is afraid of heights; they are afraid to fall. No one is afraid to play, they are afraid to lose. No one is afraid of the dark, they are afraid of what's in it. No one is afraid to say I love you, they are afraid of the response."**
3. **"We are more often frightened than hurt; and we suffer more from imagination than from reality."**
4. **"Curiosity will conquer fear even more than bravery will."**
5. **"Fear can't hurt you any more than a dream can."**
6. **"You are only afraid if you are not in harmony with yourself. People are afraid because they have never owned up to themselves."**
7. **"Living fearlessly is not the same thing as never being afraid. It's good to be afraid occasionally. Fear is a great teacher."**
8. **"Ultimately we know that the other side of every fear is freedom."**
9. **"Don't move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move."**
10. **"We build castles with our fears and sleep in them like kings and queens."**
11. **"Fear is not real. It is a product of the thoughts you create. Danger is very real, but fear is a choice."**
12. **"It's all right to have butterflies in your stomach. Just get them to fly in formation."**
13. **"The truth fears no questions."**
14. **"What you're not familiar with, you'll be afraid of. Whenever we're afraid, it's because we don't know enough. If we understood enough, we would never be afraid."**